

Mental Health Updates & Events

April 18, 2019

Attention: Please share our Cultivate Community Mental Health Survey widely! It is intended for residents of West Bend, Port Washington, and Saukville. The online survey can be found here: <https://www.surveymonkey.com/r/CultivateMentalWellness19>. The survey will remain open until May 15, 2019.

Note: If you or your agency would prefer paper copies, please contact Bailey Murph at bailey.murph@washozwi.gov.

| WASHINGTON COUNTY | | |
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| Event/Program | Details | Date/Time/Location |
| Managing Interpersonal Stress | Join us as Espen Klausen, Ph.D., a licensed clinical psychologist, will provide strategies and tips for managing interpersonal stress as well as dealing with difficult people. The emphasis will be on strategies for minimizing the stress before it is even triggered and on ways of communication that increase the chances that your needs will be met. | Tuesday, May 7, 2019 7-8:30pm The University of Wisconsin – Milwaukee at Washington County (Room 201) 400 S. University Dr., West Bend, WI 53095 Free and open to the public For more information, call 262-339-1235 |
| Suicide Never Entered His Mind: Then 9/11 Happened (Community Education Forum) | LIFE OF HOPE is pleased to welcome Chief Warrant Officer 4, Clifford W. Bauman as the 2019 Community Education Forums Keynote Presenter. CW4 Bauman's 30+ year military career has taken him around the globe, into the national spotlight, and on stage as a military multi-award earner. None of these achievements, however, surpass that of his personal reclaiming of his mental health following a survived suicide attempt. Following the September 11 attacks on American soil, where he witnessed firsthand the devastation of the Pentagon aftermath, he placed his helmet, gloves, and boots in the closet and closed off the horrific realities of that day. A year later, memories could no longer be kept at bay and thoughts of suicide invited his mind. As a suicide attempt survivor, CW4 Bauman will share his journey of survival, treatment, healing and HOPE for others, having earned the 2018, "Made the Difference Award," | Wednesday, May 8 5pm The Columbian 32345 Lighthouse Ln, West Bend, WI Pre-register (limited seating) FREE at LIFEofHOPEproject.org |

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| | presented by George Mason University. Join LiFE OF HOPE for a one-night only presentation that exemplifies what it means to be strong, courageous, and a true American hero. | |
| Wellness Fair | A wellness fair hosted by the Keystone Teen Program. They are looking to get several mental-health based resources at the event, along with other relatable resources for youth and families. | Wednesday, May 29 5-7pm West Bend Boys & Girls Club |

| ONGOING PROGRAMMING | | |
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| NAMI Peer-to-Peer | NAMI Peer-to-Peer is a FREE, confidential, 8-session recovery-based course for adults living with mental health challenges. It offers information and resources which will aid you in discovering what good mental health can look like for you. Recovery is different for everyone but the need for support on this journey is universal. Throughout this course you will be provided knowledge, tools, and insight that can help you take charge of your life and choices and attain the goals and lifestyle you want to live. Always know you are not alone on the journey and that wellness and recovery IS possible. The course is taught by trained Peer Mentors living in recovery themselves. | For more information or to register for the session call the NAMI Welcome Center, 262-339-1235 Leave a message with your name and phone number indicating your interest in the class. PLEASE REGISTER BY FRIDAY, APRIL 5. NAMI-Washington County, the local organization of the National Alliance on Mental Illness, will offer its Spring 2019 NAMI Peer-to-Peer Education Program beginning April 17. It will be held on Wednesdays from 6:00 – 8:00 pm at the NAMI Welcome Center, 2030 Stonebridge Road in West Bend. Pre-registration required. |
| WSM Wellness Support Management | Designed for individuals 18 years and older with mental health illness. Facilitated by peers, this group empowers participants to improve success and satisfaction with their everyday life. | Offered on Mondays 6:30-7:30pm Offered Wednesdays 11:45am – 12:30pm No pre-registration required |
| Mindful Creativity Adult Therapy Group | This group is for adults with mental health illness. Each month will focus on a different theme depending on the group members' needs. Space is limited. Pre-registration is required. | Offered on the 2 nd and 4 th Tuesday of each month Call Jan at 262-339-1235 to pre-register or for more information |

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| R.I.S.E. Connect Support Group | For individuals with mental health illness who are in their 20's and early 30's. This group offers support and encouragement for moving forward in daily life while successfully managing your mental health illness. Come share your weekly successes and challenges. | Offered Tuesday evenings 6:30-7:30pm No pre-registration required Contact Judie at judietammy.namiwashington@gmail.com for more information |
| Crafting Connections Activity Group | Peer led, this group generally appeals to adults who are newly diagnosed or adults who are new to experiencing challenges due to their mental health illness. No experience necessary. This is a relaxed atmosphere to build a support network and learn how creativity can be a coping mechanism. | Offered on Wednesdays 10-11:30am No pre-registration required |
| Let's Connect Young Adult Support Group | Led by trained facilitators this group is for post high school individuals from ages 18-23 years with mental health concerns. This is an open forum for peer discussions and building critical support networks. Monthly outings (free to group members) are planned to have fun, learn new skills, and develop friendships. | Offered every Thursday 4:15-5:30pm Contact Robin at robin.namiwashington@gmail.com for more information |
| Teen Connections Support Group | Offered at NAMI Welcome Center and Kewaskum High School and lead by trained facilitators, this group is for teens who live with or suspect a mental health condition. Teens learn about symptoms, resources, treatment, and the importance of developing a support network. | West Bend: Every Thursday 4:15 - 5:30 pm at the NAMI Welcome Center Contact Sue at 262-629-5187 or Suzanne.namiwashington@gmail.com for more information. Kewaskum: Every other Wednesday starting October 3rd from 2:10 - 2:50 pm at Kewaskum High. Contact your school counselor at 262-626-3105 → Mrs. Daane ext. 4106 or Ms. Brendemuehl ext. 4114 |
| R.I.S.E. Support Group (Recovery Inspired by Shared Experience) | Led by trained facilitators this group is for adults ages 18 years and older who have a mental health illness. Talk about your concerns and receive support from other individuals who have been in similar situations. A safe place to share your struggles and experience, as well as learn more | Offered every Saturday 10-11am No pre-registration required |

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| | about living with these conditions. | |
| NAMI Family Support Group | Peer led by trained adults who have a family member with mental illness. This group meets two times per month - once in West Bend and once in Richfield at Northbrook Church. This is a structured group model. | <p>Richfield: The first Monday of the month at Northbrook Church except for holidays.</p> <p>West Bend: The third Monday of the month at the NAMI Welcome Center except for holidays.</p> <p>Meeting time for both locations is 7:00 - 8:30 pm</p> <p>Call 262-339-1235 for more information.</p> <p>No pre-registration required.</p> |
| HOPE Peer Support Groups | <p>For persons experiencing similar thoughts, behaviors, beliefs, and struggles relating to the many touch points of suicide - themselves or through a loved one. Groups are designed to provide HOPE and healing to those challenged by the topic of suicide ideation, attempt, or loss. H.O.P.E. Peer Support Groups are available for FREE to the suicidal individual, their loved ones, and those living beyond the loss of a loved one to suicide.</p> <p>Participant Demographics:</p> <p>Active Suicide Ideation and Survived Attempt Ages 11-22</p> <p>Active Suicide Ideation and Survived Attempt Ages 23+</p> <p>Friends and Family of Active Suicide Ideation Ages 13+</p> <p>Individuals Having Lost a Loved One to Suicide All Ages</p> | <p>Coming Soon (Seeking Facilitators)</p> <p>3rd Thursday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> <p>4th Wednesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> <p>4th Tuesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> |
| AHA Community Connections | AHA Community Connections offers a FREE, comfortable atmosphere for expanding a sense of community through healthy activities among fellow adults who "self-identify as feeling alone". Come together with others and engage in | <p>Every Monday (6pm-7pm) Location changes based on season/weather conditions - PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p> <p>First Wednesday Monthly (6pm-7pm) Location changes based on scheduled</p> |

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| | <p>positive relationships through healthy social activities. Whether you enjoy walking, art activities, Packer parties, movies, games, or the outdoors, there is something for everyone. There is no pressure, only acceptance, harmony, and affirmation to encourage a natural desire for belonging.</p> <p>Participant Demographics:</p> <p>Walking Activity Ages 18+</p> <p>Special Interest Activities</p> | <p>activity -PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p> |
| QPR Certification Class | <p>Learn the LiFE-Saving skills of QPR Certification to respond to a potential or existing suicidal crisis. Includes a thorough understanding of statistics and how to identify risk factors and behaviors (i.e. loss of job or relationship, abuse, severe depression, hopelessness, trouble sleeping, isolation, etc.) and then gain knowledge in the specific steps to Question, Persuade, and Refer (QPR) for a LiFE-Saving intervention and successful referral.</p> <p>Participant Demographics</p> <p>Open Enrollment Ages 13+</p> <p>Your Own Pre-Scheduled Group</p> | <p>Monthly (6pm-8pm) at the LiFE OF HOPE office (139 N Main St, Ste 104, West Bend) PRE-REGISTRATION REQUIRED online at LiFEofHOPEproject.org</p> <p>Scheduled to Meet Your Company or Group's Availability LOH Office or Location of Your Choice SCHEDULE by Calling Lori at 262-429-1556</p> |

| OZAUKEE COUNTY | | |
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| Event/Program | Details | Date/Time/Location |
| Cultivate Wellness Through Positive Psychology | Wellness is more than just the absence of illness. Join us as we explore Seligman's Theory of Happiness with the 5 key elements fundamental to psychological wellbeing: Positive emotions, engagement, positive relationships, meaning, and accomplishment. | Thursday, April 25 6pm Oscar Grady Public Library 151 S. Main Street Saukville, WI 53080 |
| Infant Massage | Kathy Bergmann, Certified Educator of Infant Massage and Ozaukee Family Services staff | Tuesdays, April 23 – May 21 9:30-10:30am |

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| | <p>member, will demonstrate how to perform basic infant massage stroke techniques, as well as identify the benefits of infant massage for the infant and caregiver. Kathy will share research regarding the benefits of touch in the healthy growth and development of a child. Caregivers are invited to attend with babies from birth to 10 months.</p> | <p>Free</p> <p>Childcare available for children not participating in the class</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p> |
| Tuesday's with Tera – Cultivating Wellness | <p>May is Mental Health Month! Depression affects over 7 million senior citizens each year. Come and learn how you can live your best life through positive psychology.</p> | <p>Tuesday, May 21 11-12pm Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012</p> |
| Drug Abuse and Addiction – What our community needs to know | <p>Join Aurora Family Medicine Physician Dr. Kristen Wilde as we discuss the history and biology fueling the epidemic of opioid addiction; as well as current trends and statistics for Ozaukee County and the nation.</p> | <p>Thursday, May 23 5:30-7pm Aurora Medical Center Grafton Conference Room 4 975 N. Port Washington Rd.</p> <p>To register, call Hailey at 262-670-7044 or visit aurora.org/events and search using keyword, "addiction."</p> |

| ONGOING PROGRAMMING | | |
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| The Incredible Years | <p>This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Ozaukee Family Services' staff.</p> | <p>Mondays, March 18 – May 6 6-8pm NO CLASS APRIL 15</p> <p>Free</p> <p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p> |

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| Ozaukee County Support for Parents of Children with Special Needs | Parents of children with special needs, need special friends. This support group is designed to provide parents with a safe and friendly environment to discuss things happening in their lives and give support to others without judgment. | <p>1st Thursday of the Month 6-7pm Family Enrichment Center – 885 Bader Circle, Grafton</p> <p>Call or email Meg or Korey to register</p> <p>Meg: 262-707-2927 or megclaey630@gmail.com</p> <p>Korey: 414-520-1952 or interiorsbykoren@att.net</p> <p>Limited childcare available. Please register by the Monday before the group.</p> |
| Teen Haven | A support group for mental well-being open to all Cedarburg, Grafton, and Mequon high school students. | <p>Weekly, Thursdays 3-4pm Student Union (Downtown Cedarburg)</p> <p>To get involved or for more information, contact Jan at 262-377-1477 or jvalentine@copeservices.org</p> |
| Walking the Labyrinth Support Group for Young Adults – Ages 18-30 | Grab a coffee and join us for casual conversations about our struggles and successes. Learn ways to cope and how to support those who may be a bit lost on their journey. | <p>Every 1st and 3rd Thursday 6:30-8:30pm N Seven Coffee Co in Grafton</p> <p>Learn more here: www.landbetween.net</p> |

| CULTIVATE WELLNESS IN OUR PARKS | |
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| Ozaukee County | Washington County |
| <p>NIA Date: July 24, 2019 Time: 6:30-7:30pm Location: Kiwanis Family Pavilion - Upper Lake Park In case of rain: Port Washington Rec Center</p> | <p>Mindful Meditation Date: July 24, 2019 Time: 6:30-7:30pm Location: LLC - Maurin Center/Nature Hike In case of rain: LLC - Maurin Center</p> |
| <p>Tai Chi Date: July 31, 2019 Time: 6:30-7:30pm Location: Coal Dock Park In case of rain: Port Washington Rec Center</p> | <p>NIA - Non-impact Aerobics Class Date: July 31, 2019 Time: 6:30-7:30pm Location: Ridge Run Park In case of rain: LLC - Maurin Center</p> |
| <p>Laughter Yoga Date: August 7, 2019 Time: 6:30-7:30pm Location: Bluff - Upper Lake Park In case of rain: Port Washington Rec Center</p> | <p>Reiki Class & Benefits of Mental Health Date: August 7, 2019 Time: 6:30-7:30pm Location: Labyrinth Garden - Regner Park In case of rain: LLC - Maurin Center</p> |
| <p>Reiki Date: August 14, 2019 Time: 6:30-7:30pm</p> | <p>Movement, Wellness & Nutrition Date: August 14, 2019 Time: 6:30-7:30pm</p> |

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| Location: Veterans' Memorial Park In case of rain: Port Washington Rec Center | Location: Centennial Shelter - Regner Park In case of rain: LLC - Maurin Center |
| Meditation Date: August 21, 2019 Time: 6:30-7:30pm Location: Overlook Park In case of rain: Port Washington Rec Center | Yoga at Dusk Date: August 21, 2019 Time: 7-7:45pm Location: Library Park - WB Library In case of rain: Library or Mutual Mall |
| Aromatherapy Date: August 28, 2019 Time 6:30-7:30pm Location: Rotary Park In case of rain: Port Washington Rec Center | Anti-bullying & Effects on Mental Health Date: August 28, 2019 Time: 6-7pm Location: West Bend Boys & Girls Club In case of rain: West Bend Boys & Girls Club |

| Resources | Details |
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| Kids in Crisis | Check out more from the Kids in Crisis series , including a new Milwaukee PBS documentary featuring the stories of 4 Wisconsin teens. In addition, check out their podcast with the recent episode featuring the voices of young people. |
| Are the Words "Toxic Stress" Toxic? Re-thinking the Narrative About Early Life Stress | http://cantasd.org/explore-topics/trauma-and-resilience/are-the-words-toxic-stress-toxic/ |
| Trauma and Mental Health in the Latino Community | *see attachment |
| Mental Health America – 2019 Mental Health Month Toolkit | http://www.mentalhealthamerica.net/2019-mental-health-month-toolkit |
| Loneliness and Social Isolation are Public Health Issues | http://www.tamarackcommunity.ca/engage-april#Loneliness |
| Farmers struggling with mental health | https://www.bbc.com/news/av/uk-47888402/farmers-struggling-with-mental-health |
| Struggling with schizophrenia, he killed his father in 1985. How has mental health care changed since? | https://www.sheboyganpress.com/story/news/2019/04/16/wisconsin-mental-health-system-has-changed-since-1985-sheboygan-murder-david-shermeister/2704197002/ |

| CONFERENCES/TRAININGS/EVENTS | |
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| Conference/Training/Event | Description |
| Re-imagining Justice for Wisconsinites with Mental Illness | Save the date for this Milwaukee Mental Health Taskforce Forum on April 29th, 6:00 PM: "Re-imagining Justice for Wisconsinites with Mental Illness" featuring state administrators, elected officials, and advocates and organizers with lived experience of incarceration. |
| Principles and Practices of Asset-Based Community Development | Vibrant Communities and Tamarack Institute are hosting an upcoming webinar on Principles and Practices of Asset-Based Community Development, April 30, 2019, 1pm 2pm EDT . Register here. |
| Every Brilliant Thing | Use code "BRILLIANT" to get a discount when ordering tickets here for Every Brilliant Thing showing at the Milwaukee Rep from April 12 to May 5 . The story centers around a boy who creates a list of everything that makes life worth living as his mother faces chronic depression. After each performance will be Act II, a short response from community leaders (including multiple CCMH members) and a dialogue facilitated by the Zeidler Center for Public Discussion. |

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| Realities of Child and Adolescent Mental Illness – In the West Allis Community | The West Allis West Milwaukee Mental Health and Substance Abuse Task Force is please to invite you to learn more about this issue in our community. Wednesday, May 1 – 1:30-9am, Aurora West Allis Medical Center *see attachment for more information |
| Operationalizing Trauma Informed Care Workshop | The Wisconsin Children’s Mental Health Collective Impact Trauma Informed Care Workgroup is pleased to announce the Operationalizing Trauma Informed Care Workshop . The workshop will be Monday, May 6th, 1:00-4:00 p.m. across the state with the Milwaukee location at the Northwest Health Center (7630 W Mill Road). <u>Register here</u> and contact <u>Karen.Katz@Wisconsin.gov</u> with questions. |
| Compassion Resilience: Facilitator/Administrator Team Training | The Training of Facilitators and the Administrative Leader prepares you to bring the toolkit resources to your colleagues. Attend as a team to ideally include: one administrator and 2-3 people who will facilitate with staff. The day includes clarification of leadership roles, rationale for the work, a look at how to inspire culture change through the toolkit, and tips for implementing the toolkit resources matched to the realities of your current organizational commitments and goals. May 7 or June 5th – 8:30am-3:30pm *see attachment for more information |
| American Foundation for Suicide Prevention – Wisconsin Chapter: Talk Saves Lives (LGBTQ) | Monday, May 20 9am-1pm Milwaukee LGBT Center – 1110 N. Market St., 2nd Floor, Milwaukee, WI 53202 <u>Register here</u> |
| Mental Health First Aid | Thursday, May 23 – 8am-5pm Milwaukee County DOT Building, 10320 W. Watertown Plank Rd. Register here: <u>https://bhd_mhfa.eventbrite.com</u> *see attachment for more information |

| MENTAL HEALTH MEETINGS 2019 | | | |
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| Think Well | Cultivate – West Bend | INVEST Mental Health | Cultivate – Port/Sauk |
| May 22 (PAC 3224) July 24 September 25 November 27 8-9:30am St. Joe’s Froedtert, Conf. Room A | May 9 June 13 July – NO MEETING August 8 September 12 October 10 November 14 December 12 1-2pm West Bend City Hall Police Classroom | June 6 August 1 October 3 December 5 9-10:30am Family Enrichment Center, Room E | May 15 June 19 July 17 August 21 September 18 October 16 November 20 December 18 3-4pm Family Enrichment Center, Room E |
| If you would like to attend any of the above mental health meetings, please contact Bailey Murph at 262-335-4890 or <u>bailey.murph@washozwi.gov</u> | | | |

